

Dr. James Reid completed his session with the conversation between Jesus and the Man with a Grievance. For various causes people came to Jesus for solutions. They had hope that he could help them. One man came with the complaint that his mother needed a reprimand. Covetousness was at the root of the



## THE NORTHFIELD PRESS

NORTHFIELD ESTABLISHED 1906 MASSACHUSETTS

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Friday, August 22, 1930

## SENSATIONAL GAINS IN USE OF OIL AND GAS FOR HOME HEATING

During the past five years the consumption of fuel oil for domestic heating has increased by leaps and bounds, according to the Holland Institute of Thermology of Holland, Michigan. The output of fuel oil for this purpose has more than doubled in that period. Manufactured gas also is becoming more and more popular with home owners. In 1927, according to the Institute, approximately twelve billion cubic feet of manufactured gas were used for this purpose. In 1929 this figure jumped to twenty-seven billion cubic feet. Natural gas consumption for domestic heating, according to some authorities, is far in excess of this amount.

These figures tell an amazing story of prosperity and indicate that anything that makes for greater comfort and convenience is received with open arms by the American public, even if it does cost more.

Many home owners whose homes are now equipped with coal burning plants raise the question as to whether present plants can be utilized for oil or gas heating. If heating plants are in good physical condition and if they efficiently function as heating systems during the extremes of cold weather, it may be taken for granted that they will serve efficiently for oil or gas heating, provided that the new type burners are of approved design and correctly installed. Warm air heating systems of the vapor-air type which are equipped with an automatic humidifier and also an electrically operated air propeller unit for distributing the warm air as it is generated, readily lend themselves to the use of oil or gas fuel. They are undoubtedly more effective because of forced warm air circulation and because of the humidifier which maintains a proper moisture content in the home air.

These are important factors to consider when using more expensive fuel. In lieu of customary high indoor temperature, approximately 78 to 82 degrees, the maintenance of a proper degree of relative humidity definitely assures bodily comfort at moderate temperature of 70 or 72 degrees. The electrically operated air-propeller unit uniformly distributes the warm vaporized air throughout the home, and there are no extreme differences in temperature, such as characterize homes equipped with the old-style heating systems. Therefore, definite economies are in order, as far less fuel oil or gas is required to maintain the lower indoor temperature.

Home owners are warned by the Institute not to expect oil or gas heating units to overcome any heating deficiencies that may characterize systems now installed, due to improper size, physical defects, or poor location.

## CAPPER MEDALS

Special awards by Senator Arthur Capper, of silver and bronze medals to the two 4-H club girls who enter Franklin County's best jars of home canned fruits, vegetables and meats in the National Canning Contest at Shenandoah, Iowa, is announced in a message to the Press from Shenandoah, Iowa, where he contest is being held under the auspices of the Household Science Institute.

Senator Capper, long a friend of the National Committee on Boys' and Girls' Club Work, in making the awards said that he hoped these awards would serve to encourage home canning work among farm girls and that would prove of value to 4-H club leaders and extension workers in furthering this work.

The Capper medals are in addition to the list of 47 prizes totaling \$4,250 in cash, loving cups and ribbons which will be distributed to the winners in the contest. The grand sweepstakes award of the contest carries with it a cash prize of six hundred dollars.

The contest is open to every woman and girl. There are no restrictions as to the nature of the food sent. Contestants may enter the fruit, vegetable or meat division, any two of these divisions, or all three. Entries should be sent immediately upon canning. These will be kept on exhibition at Shenandoah till the closing of the contest on October 1.

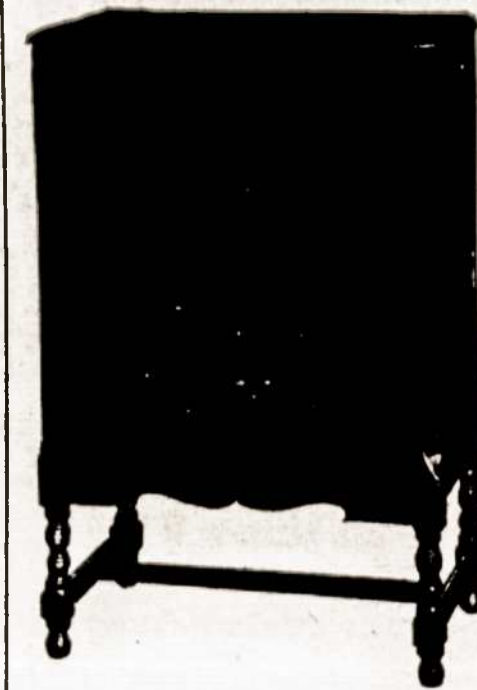
The list of contest judges includes five of America's outstanding home economics experts and nutrition authorities, headed by Dr. Louise Stanley, Chief of the Bureau of Home Economics experts and nutrition authorities, headed by Dr. Louise Stanley, Chief of the Bureau of Home Economics, U. S. Department of Agriculture. That the judging may be thoroughly impartial and the display of jars absolutely uniform, contestants are required to send their entries in standard glass jars of the quart size. A sample Ball mason jar and carton, together with prize entry labels are full information for entering may be had without cost by writing the National Canning Contest, Shenandoah, Iowa.

A preferred method of canning may be used although it has been found that the hot pack method together with the use of a pressure cooker for the sterilizing is best, especially for nonacid vegetables, states Grace Vial Gray, nationally known canning expert who is secretary of the contest. This method of canning is recommended by the U. S. Department of serving the natural flavor, color, and texture, of the canned article. Agriculture because it saves time and fuel and assures sterility, while pre-

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Exhibit of Handicraft by Boy Scouts

An interesting exhibition of handicraft articles made by Boy Scouts will be a feature of the eleventh anniversary of the Scout conducted Mohawk Indian Village which will be open to visitors to the Eastern States Exposition at Springfield, Mass., from September 14, to 20th this year. The exhibit will include the handicraft work of Boy Scouts from most of the Eastern states, according to an announcement made today by James E. West, Chief Scout Executive of the Boy Scouts of America.

The Mohawk Indian Village, typical of the villages of the real Indians who once roamed the Eastern United States is erected each year by the Boy Scouts and for a week, the life of the village resembles the outdoor life of early days in America. Beadwork, the manufacture of archery equipment, the building of canoes and boats, leather crafts, Indian ceremonies and a hundred and one other activities of the Indian and Scout life each day with activity for the Scouts who conduct the village and provide an interesting pageant for the visitors to the exposition.

In past years many famous friends of boyhood took part in the village ceremonies. Many of them will probably be guests of honor this year. They include Commodore Longfellow of the American Red Cross, under whose leadership the famous Red Cross Life Saving service was developed; Peter McLaren, the world's champion wood chopper; Captain Fred C. Mills, Director of Swimming and Water Safety of the Boy Scout of America who perfected the now famous buddy system which has cut water accidents to a minimum in camps for boys and under whose leadership thousands of boys are taught to swim each year. Or perhaps some of the other of past year guests of honor will attend. They include Augustus Post, authority on aviation; Harry Ordian, famous Maine guide and woodsman; Captain Saunders, the boat builder who can make such beautiful and realistic models of big ships; "Uncle Benny" Hyde, the famous nature expert, and Cornelius Denlow of the Brooklyn Children's Museum who has won his way into the hearts of many boys.

There will be many contests of interest to all boys, outdoor contests in roping, boomerang throwing, archery, wood-chopping, bugling, model-boat building, Indian dancing around the building, and group contests which will include Indian dancing around the campfires at night, Pine Tree Patrol events, Wall Scaling and many other of the sensational activities which form part of the Boy Scout Program.

There will be large exhibits of nature study work, museum specimens, collections of minerals, shells and insect life, boat models and every other type of subject matter in which boys are interested. Instruction will be given by experts in airplane model building, boat and paddle making, the manufacture of archery equipment and other handicraft things.

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Ivory Soap. 2 large size 23c

Funa Flakes. 2 cans 33c

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2 No. 3 Cans. 41c

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Northfield, Mass.

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EAST NORTHFIELD STATION

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12:30 p.m.	4:30 p.m.	9:33 p.m.
SUNDAY		
7:58 a.m.	12:30 p.m.	9:33 p.m.

SOUTHBOUND TRAINS

8:48 a.m.		1:09 p.m.
4:01 p.m.	5:28 p.m.	7:55 p.m.
4:01 p.m.		8:24 p.m.

Bus Line

DAYLIGHT SAVING TIME

NORTHBOUND BUS

DAILY (EXCEPT SUNDAY)	
11:38 a.m.	7:18 p.m.
SUNDAY	
11:47 a.m.	7:18 p.m.

SOUTHBOUND BUS

DAILY (EXCEPT SUNDAY)	
7:39 a.m.	2:59 p.m.
SUNDAY	
11:39 a.m.	3:14 p.m.

## Far-Famed Songsters of Opera Stage Scorn Bird-Like Eating, Extol Curves

Bori, Galli-Curci and Talley Applaud Passing of the Reducing Fad.

By MABLE LOVE

"I LOVE to eat," declares Lucrezia Bori, star of the Metropolitan. Madame Galli-Curci and Marian Talley, equally famous stars, each in her own fashion, echoes Madame Bori's appreciation of good food. All three are emphatic in their condemnation of the passing craze for the boyish figure, and welcome the return to fashion of normal feminine curves.

"I am never ill, never fatigued, and never nervous," Madame Bori says. "There is a reason for that, too, let me tell you. It is because I am strong and healthy, because I keep my body properly nourished. In the morning, before I eat my breakfast, I go through my setting up exercises—without musical accompaniment. I get enough music in opera and like a little change. No matter how the exercises are taken, however, they are good for one. They stir up the body and work up an appetite; something I desire, for I love to eat."

"Reducing is utterly silly, especially for the young girl. Why should she break down her health to no good end? Certainly, if she succeeds in losing flesh she is also losing beauty. A thin woman is an abomination in the eyes of beauty lovers."

Tireless Galli-Curci

Even after an unusually strenuous operatic role Madame Galli-Curci never experiences a sense of deep fatigue. This she believes is due to two factors—the exultation that comes from the joy of self expression, and systematic care of the health. "When the slightest sense of fatigue occurs," she says, "I immediately offset it by a light lunch of milk and sweet crackers. Both contain sugar which is a valuable energizer. I have no fear of becoming over-weight and I eat everything on the menu."

The singer stamps with her heartiest disapproval the 18-day diet so



Amelita Galli-Curci who has delighted the critical audiences of the Metropolitan Opera Company in many famous operatic roles. (Right) Marian Talley in her own kitchen making a banana cream pie, one of her favorite delicacies. (Below) Lucrezia Bori, soprano of the Metropolitan Opera Company.



popular for a while. "I deem it utterly absurd," she says, "to eliminate any food element necessary to strength, especially in the case of the young girl who requires every ounce of her energy for the business of being a healthy woman. I have seen some of these hollow-eyed victims after their enforced starvation periods, and they look far from beautiful. The emaciated form is never beautiful. I think a few extra pounds are desirable not alone from the health, but from an aesthetic point of view."

A Culinary Artist, Too

Marian Talley is not only an advocate of good food, but an expert in the preparation of it. Her cakes, according to her sister, are marvels of lightness, so that an invitation to dine at the Talley home is something to angle for, especially since Marian's mother is an even better



cook than is the opera star herself.

"I feel sorry for girls who think they must be thin to be attractive," says Marian. "Especially do I feel sorry for those girls who in their mistaken judgment starve their bodies in order to lose weight." Marian has never dreamed of dieting. She follows no food fads of any kind. She is a great believer in sunshine and exercise, and keeps herself fit by walking from three to five miles every day.

## United States Fire Loss Increased Three-Fold in Quarter Century

Defective Chimneys and Forced Firing Blamed for Most of the Home Fires.

America's annual fire loss increased from \$161,000,000 in 1900 to \$568,000,000 in 1928. Notwithstanding there has been a slight decrease in subsequent years, says the Holland Institute of Thermology of Holland, Mich., fire's toll still averages a half-billion dollars annually.

About 10 per cent of this huge sum represents damaged or destroyed homes—a loss that can largely be attributed to carelessness, neglect, faulty chimney construction and the inclination of some builders to economize by installing undersized heating plants. Obviously, fires traceable to any of these causes are preventable fires, and the responsibility therefore lies with the home owner.

Chimney faults that cause fire are obliterated if chimneys are built in accordance with approved construction practices, rest on substantial footings, and are cleaned at regular intervals.

Installation of a heating system that fits the house eliminates the need for forced-firing with its fire hazards during the heating season. For this reason expert heating engineers make

a computation of heat losses based on size and design of house, location, number of windows and doors, location of interior walls, whether house is of brick, stucco, frame, tile or stone, kind of insulation used, and climatic conditions. Heating plants thus installed can be depended upon to furnish adequate warmth at all times without resorting to forced-firing.

The newer-type of heating systems in the warm-air class are known as air-conditioning systems. In addition to furnishing heat, they serve two added functions—supplying the home air with a healthful supply of water-vapor, and by means of an electrically operated air-propeller unit, force the warmed, moistened air from the heater into the rooms. Systems of this vapor-air type eliminate the need for high temperatures—above 72 degrees Fahrenheit—by reason of adequately humidifying the indoor-air and the uniformity of temperature developed by the air-propeller. Uniform and moderate temperatures contribute largely to eliminating the home fire hazard.

## Sauces for Meats and Fowl

By ETIENNE ALLIO, Chef, Hotel New Yorker, New York City

**S**KILLFULLY prepared sauces can add greatly to the appetite appeal of many kinds of meats and fowl. This secret French discovery long ago, and it is unfortunate that the American housewife so often passes by the opportunity to give an added zest to the piece de resistance of the meal.

In making such sauces, the greatest care should be taken that the least possible amount of fat remains in the liquid.

Another excellent point to remember is to add a little sugar to the other seasonings, not for a sweetening purposes but to bind the various flavors.

In making a brown sauce, for instance, heat a teaspoon of sugar until it melts, and add to the sauce, bringing it to a boil. It improves the flavor, browns the sauce and does not sweeten.

Orange Sauce for Roast Duck—Brown two tablespoons butter in a

saucepan. Add two tablespoons flour and stir until the mixture bubbles and becomes brown. Add three-fourths cup meat stock. Cook until smooth and creamy, stirring constantly. Add six drops onion juice, one-half teaspoon walnut ketchup, one teaspoon sugar, few grains cayenne, and salt to taste. Continue stirring and add juice and grated rind of two oranges. Bring to boiling point. Serve around fillets of breast of roast duck, arranged on a platter with a pile of wild rice in the center.

Sauce Chevreux for Fish, Poultry or Game—Dissolve one teaspoon vegetable bouillon extract in one cup of boiling water. Add one-half teaspoon pepper, one-half teaspoon paprika, and salt to taste. Add one cup orange juice, pulp of two oranges, few slices of rind, and one teaspoon sugar. Brown two tablespoons butter in saucepan. Add two tablespoons flour, and cook until mixture is brown, smooth and creamy. Add slowly to stock mixture, stirring constantly. Cook until thickened. Take off fire and add one-half cup skinned and seeded white grapes.

Currant Sauce—To make a currant sauce for roast lamb, add one glass currant jelly to a cup of brown gravy made from drippings in the pan. This is especially good when slices of the cold roast are warmed in it.



CHEF ALLIO



## IF HEALTH IS YOUR GOAL GIVE NATURE A "BREAK"

By William F. Foley

(Famous Trainer and Coach of the Central High School, Washington, D. C.)

TRAINING theories are all right, I guess. Surely, I've had my share. But in the long run, I've found that helping Nature along, instead of trying to change her or improve on her, is just about the best policy. I've seen all kinds of lads come into my gym—little ones, big ones, skinny ones, and fat ones—and I have found that the boys who turned out best were the ones who were allowed

COACH FOLEY

to develop normally, without any high pressure pushing beyond their natural limits.

Unlike trainers in colleges, the material I get is completely "raw"; and sometimes it's cruder than one would imagine. My boys are just commencing to take up some form of track athletics, and nearly all of them are woefully ignorant of what to eat or how to treat their bodies. Realizing this, and also the further fact that if they do develop into record breakers it will be later, in their college years, I never hurry them. I am proud of the fact that I have never "burned out" an embryonic athlete—never hurried a boy along so fast that he was kept from reaching his full stride later in life.

In thirty-four years you get a huge respect for the part the stomach plays in a youngster's development. Mistreat the stomach, and his whole development is retarded. A growing boy, eating as he will all sorts of things, should have plenty of cellulose in his food. By that I mean the roughage or bulk that is supplied by leafy and fibrous vegetables and certain cereals. These latter, I have observed, are most popular with adolescents; and they do

offer one of the best methods of getting this necessary cellulose into the system, provided that they have the necessary cellulose to give the required "vegetable effect."



found some of the poorest physical specimens to be representatives of the richest families, while some of the finest types were sons of relatively poor folk. My greatest joy is taking an undernourished, spindly youngster and trying to develop him into a normal being. I remember one such boy a few years ago. When he first came out for track he looked hopeless. He wanted to be a jumper. I suggested some light work and a carefully balanced diet weighted with cellulose content. This gave

Nature a chance, and in his last year, this "weakling" jumped 6 feet 1 inch, and looked like a different boy. Nature has provided all the foods needed for building sturdy bodies and

abounding health. Take cereals for example. All boys eat some kind of a cereal for breakfast. This is just what they need, as long as that cereal has the needed bulk to supply the body with a "vegetable effect."

I know that one of the most popular cereals with my boys is whole rice. I can easily understand this, for it is extremely palatable, and the smooth bulk it furnishes never injures the stomach as do some of the other cereals with a rougher fibre content. I have found that youngsters are even more serious and willing to follow suggestions than many more mature and seasoned athletes. They like to be put on their own. It gives them a feeling of responsibility, and makes them conscious that you have faith in their judgment.

I sat down the other night and made out a list of boys who have gained sufficient distinction under me to go into colleges and universities on full scholarships. I could remember nearly 450, including among others, "Biff" Jones, Bernie Wefers, Charlie Sykes, Arthur Duffy, Paul Cox, John Holden, Paul Magoffin, Maxey Long and Calvin Milans, the latter being the first 15-year-old boy to high jump 6 feet 1 inch in competition.

That's quite a list, and just goes to prove that Nature is the best trainer of all—if you only will get her to work with you.

### EDITOR'S NOTE

"Bill" Foley, justly called the Dean of American track, has done more to place secondary school athletics on their present high plane than probably any other trainer in the annals of sport. We asked him to give us the benefits of his 34 years experience in improving the physical well-being of thousands of boys. We believe his story is one of the most interesting and helpful it ever has been our privilege to present.

—Editor.

Navy and Army officers, and sons of diplomats from every country on the face of the globe. Central High is a public school, so we get boys from all stations of life—and the gym is the great common denominator. There they are all just "boys," and there I have

### Governor to Present Trophies

Gov. Allen will present trophies shortly after Labor Day to winners of this country's first state-wide interest contest for commercial vehicles, conducted by his committee on street and highway safety.

The presentation which will take place at noon in the executive chamber, will bring to the State House from all parts of Massachusetts the heads of 15 firms and active managers of their motor fleets.

A bronze has relief, portraying a commercial vehicle and a female figure typifying the spirit of safety, will be awarded to each of the 15 concerns which led the groups into which the 13,357 competing cars were divided according to their type. Each tablet, 13 by 2 inches in size, will have cast upon its face the name of the winning fleet. Mounted on mahogany, it is intended for permanent display upon the walls of the company's offices. The design includes the state seal and lettering describing the contest. The trophies were specially designed and executed by the Gorham Manufacturing Co.

Members of the governor's committee on street and highway safety will be present at the presentation ceremony and will afterwards be hosts to the winning fleet owners at lunch at the City Club. The lunch also will be the committee which has managed the contest composed of Eugene Place, chairman; Day Baker, R. J. Hammond, Franklin S. Hobbs, David S. Beyer, Lewis E. MacBrayne, Albert W. Olsson and Frank Sawyer, all of Boston; Donald C. Vaughan of Springfield; and George E. Hill of Worcester.

The winners will come from as far away as Yarmouthport and Pittsfield with a liberal representation from Boston and from other communities in widely separated parts of the state. The winning concerns and the men who will represent them to receive the awards are as follows:

- Group 1—Bakeries—Cloverleaf Baking Co., Woburn, John Sematore.
- Group 2—Building Supplies, Contractors—John Hinckley & Son Co., Yarmouthport John E. Hinckley and W. S. Murray, Jr.
- Group 3—Busses—John S. Hannum, Ludlow.
- Group 4—Cleansers and Dyers—L. Bros., Springfield, W. Werthem.
- Group 5—Coal and Ice—Burns H. Daloz Co., Dorchester, A. R. Daloz.
- Group 6—Dairy Products, Ice Cream—Haines-O'Brien, Inc., Lynn, Frederick W. Arnold and red Sanderson.
- Group 7—Laundries—Sanitary Laundry, Inc., Fall River, Charles Felder.
- Group 8—Merchandise, wholesale—General Electric Co., Lynn, Nelson J. Darling, Howard F. Gordon.

Group 9—Merchandise, retail—Arnold-Fisher Co., Boston, Gordon Fisher and Ibert Lawson.

Group 10—Municipal—City of Malden, Mayor William A. Hastings and Dennis P. Sullivan.

Group 11—Oil and Gasoline—Cape Cod Oil Company, Hyannis, Edward W. Grould and Edward W. Gould, Jr.

Group 12—Public Utilities—Lowell Gas Light Company, Lowell, A. T. Simpson.

Group 13—Taxicabs—Pittsfield Yellow Cab Co., Pittsfield, John F. Collins and Walter F. Tate.

Group 14—Transfer, Cartage, Storage—Fitchburg Paper Co., Fitchburg, George R. Wallace and Warland Sterlin.

Group 15—Trucking (heavy) Movers—Triangle Limited, Boston, S. Goldin and Edward J. Kane.

All the group winners except one survived the entire six months of the contest without a single accident and the record of that one was marred by only one slight accident. There were 84 other no-accident fleets which did not capture a group prize, the awards being made on the basis of the greatest number of hours operated with the best record, so that among those with clean slates, greater number of hours on the road decided the victor. Considered individually more than 68 per cent of the competing cars were driven for six months without a single accident.

A total of 453 fleets, comprising 13,357 commercial vehicles, competed throughout the entire period of the contest. These cars experienced only 4,438 accidents during the 18,812,944 hours of operation, giving an accident frequency rate of 23.59 per 100,000 hours of operation. Of these accidents only 472 involved personal injury, a ratio of one in eight.

A second six-month contest is already in progress. Reports are to be issued within a few days on the results of the initial month's competition. To all the fleets which went thru the entire six-month period of the contest without winners, the committee is sending engraved certificates of merit.

### Heating Plant a Poor Place to Economize

Persons who plan to build new homes should not try to economize on the heating plant, warns the Holland Institute of Thermology of Holland, Mich. Heating plants that do not "fit the house" or plants of inferior quality will not furnish sufficient heat, and are liable to fall in periods of real cold weather, causing extreme discomfort and unnecessary expense. Persons who contemplate buying a home already built would find it a good investment to have the heating plant (including the chimney) inspected by competent heating engineers before completing their purchase, to determine whether the system is in good condition and will function satisfactorily.

### Hints For Homemakers

By Jane Rogers



THE next time you clean carrots which are to be grated, instead of cutting off the whole top leave about an inch of the stem. The whole carrot can then be used without the risk of scraping your thumb and fingers while the last bit is being grated.

A good general rule to follow in seasoning green vegetables is to use a dash of sugar to a pinch of salt. Without artificially sweetening the dish, the sugar restores the garden sweetness which so many vegetables begin to lose on their way to the kitchen.



Bronze bas-relief which Gov. Allen will award on Monday, August 25, to each of 15 winners in the first state-wide inter-fleet safety contest for commercial vehicles conducted by his committee on street and highway safety. The name of each winning fleet will be cast separately as a permanent part of the trophy. Presentations will be made at noon in the executive chamber at the State House.

## STATIC DISCHARGES DUE TO DRY HOME AIR

Heating Plant Humidifier  
Eliminates Cold Weather  
Electric Shocks.

Many people have been frightened by electrical discharges from their hands or other parts of the body upon contact with radiators, electric outlets, switches or even other persons. Although there is a slight sensibility of shock and a crackling accompanying these discharges, they are harmless, according to the Holland Institute of Thermology of Holland, Mich.

These bodily electrical discharges are generally experienced during the winter heating season, especially on real cold days. Technically they are known as electrostatic charges. They accumulate in the bodies of active persons when the air has a low humidity, the percentage varying from



Discharges of Static Electricity on Cold Days Indicate That the Home Air Is Too Dry for Health.

10 to 20 per cent. Persons who are active in air of this low humidity content are prone to be affected. Often these charges may be generated by merely shuffling the feet across rugs or carpets, and on personal contact with a ground, such as a radiator or metal hardware, a bright, electrical discharge is discernible.

When conditions of this sort exist in homes, says the Institute, they indicate that the home air is far too dry for health or for comfort. It is then that abnormal high indoor temperatures are necessary to maintain bodily comfort. Some persons find it difficult to "feel" warm unless the indoor temperature approaches approximately 80 degrees Fahrenheit. The element lacking is a proper percentage of humidity, or moisture. Electrostatic charges do not accumulate when the air has a relative humidity of from 45 to 75 per cent, for then the electrostatic charges are conducted by the moisture in the air to the ground as fast as they appear.

With modern heating systems of the vapor-air type, the discomforts of dry air, high temperatures and electrostatic charges are eliminated. Heating systems of this type are equipped with automatic humidifying devices which supply the indoor air with an adequate amount of moisture and maintain throughout the heating season a remarkable uniformity in the percentage of humidity. Where a relative humidity of 45 degrees is maintained, bodily comfort is assured with a temperature of 70 degrees. By making comfort possible at moderate temperature, it is obvious vapor-air heating systems open the way for fuel economy, as it is much cheaper to maintain a temperature of 72 degrees than temperatures running into the 80s. And, aside from effecting fuel savings, the discomforts and electrostatic charges due to over-dry indoor air are definitely obliterated.

### Annual Fire Cost Set at \$10 Per Capita

A total personal fire tax of ten dollars is annually levied upon every man, woman and child in this country, says the Holland Institute of Thermology of Holland, Mich. This tax is based on an annual per capita fire loss of \$5, and the cost of fire protection in a similar amount.

According to the Institute, the man in the street is indifferent to fire prevention in general terms, because he does not realize that fire loss at some distant point actually costs him something. The ten-dollar per capita charge, however, is distributed with a fair degree of accuracy. It is an indirect tax that is included in the price of each of the thousand-and-one commodities which go through the regular channels of trade.

Citing wool as an example, the Institute points out that it is insured in the warehouse, in transit, in factory or tailor shop, and again in the retail store. This cost is passed on to the ultimate consumer. Likewise, fire losses uncovered by insurance must come out of profits or be covered by operating costs, all of which are represented in the price paid by consumers.

Public indifference to fire prevention would be replaced by a lively interest in ways and means for preventing fires everywhere, says the Institute, if on some "blue Monday" a collector called upon the head of the average family of five and demanded a check for \$50, representing the \$10 share of each in the nation's fire cost.

## The PRESIDENT

awaits your visit

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IN THE CITY

400 ROOMS  
each with bath

\$2.50  
DAILY

Single \$3.00 \$3.50 \$4.00  
Double \$3.50 \$4.00 \$4.50

FREE GARAGE  
FACILITIES  
SPECIAL RATES  
TO TOURISTS

A few steps to everything!

HOTEL  
PRESIDENT

234 West 48th St.  
New York

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Was your  
furniture  
new when  
bicycles  
were built  
for two?

MUNYAN'S  
GREENFIELD, MASS.

Radio Messages

The following radio messages are sponsored by the State Department of Public Health, over WEEL, every Friday evening at 4:50 p. m.

- Aug. 22. "What Social Work Is Not," Miss Eleanor E. Kelly.
- Aug. 29. "Nutrition and Teeth," Dr. Percy R. Howe.
- Sep. 5. "What To Do About Nervousness," Dr. Harry C. Solomon.
- Sep. 12. "The Problem of Acquired Deafness—What Can One Do About It," Dr. R. H. Gilpatrick.
- Sep. 19. "Reasons for the Health Examination," Dr. Jose P. Bill.
- Sep. 26. "Goitre and Glandular Secretions," Dr. Frank H. Lahey.



Give them  
candy to go with  
lunch—it's good  
for them

## Fashions for the Smart Woman

PICTORIAL REVIEW



MRS. SHEPARD M. . .

One of the most attractive young hostesses at Seal Harbor this season, was seen with a group of her guests at the new Bar Harbor Club the other day. Her costume was a very striking one of light beige flat crepe which reflected the Russian peasant influence in its red cross-stitch embroidery, as well as in its pleated skirt and flattering raglan sleeves. With it Mrs. M. wore a brief, sleeveless jacket of red flat crepe and a crocheted beret of light beige.

Frock, Pictorial Printed Pattern No. 5282 exactly duplicates this. Sizes 14 to 42, 45 cents.

Jacket, Pictorial Printed Pattern No. 5202. Sizes 14 to 46, 45 cents. Transfer No. 12746, blue or yellow, 40 cents.

Enjoy the pleasant ride  
to South Deerfield  
on our new road.



BILLINGS' DRUG STORE  
HOLLIS D. BILLINGS  
Druggist

Serves the Best  
Sodas and Sundaes

The KENMORE  
One of Boston's Newest  
and Finest Hotels  
on BOSTON'S  
COMMONWEALTH AVE.

AMPLE  
PRIVATE  
PARKING  
SPACE

400 ROOMS  
400 BATHS  
Running Ice Water  
Combination Tub  
and Shower  
INFORMATION  
BUREAU  
FOR  
TOURISTS  
GEORGIAN HOTEL CO.  
PROPRIETORS

### Hints For Homemakers

By Jane Rogers



COFFEE stains can usually be removed from white materials by pouring boiling water on the stain from a kettle held some distance above the fabric. With other materials, rub the stain gently with glycerine, rinse in warm water and press on wrong side.

While fresh fruits and berries are abundant there is no difficulty in deciding how to garnish the breakfast cereal. To prevent the problem from becoming acute when winter comes, it is wise to put up now those sparkling jellies which are every bit as delicious with the cereal as fresh fruit, and which will persuade many a child to eat with relish his bowl of porridge which he is otherwise likely to finish only under protest.



**W. H. STEBBINS**  
Carpenter and Builder  
Roofing--Concrete  
MAPLE STREET - NORTHFIELD, MASS.  
TELEPHONE CONNECTION

**AVOL**  
CASH

Thousands of prescriptions for this remarkable formula were filled by druggists last year; over 28,000 physicians, dentists and welfare nurses recommend and endorse A-Vol as a harmless, safe, rapid relief for pain, depression, fever, cold, flu.

A-Vol stops pain in headaches, neuralgia, dental pain, rheumatism. You can now get A-Vol in handy tubes of 12 tablets for 25c, 30 tablets for 50c, and medicine chest size \$1.00, at any prescription druggist. Try A-Vol next time.

Contains No Aspirin or Other Heart Depressants

Headaches! Colds! Neuralgia! Dental Pain!

A Home in the Heart of Things  
Fifth Ave. & 28th St., New York  
Alburn M. Gutterson, Mgr.

**PRINCE GEORGE HOTEL**  
1000 Rooms with Bath  
Single \$3 to \$4  
Double — \$4 to \$6  
Three Blocks to Fireproof Garage—  
5 Blocks to Largest Department Stores in the World  
Welcome Stranger and Friend

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Conveniently located away from traffic congestion, Bretton Hall, with excellent garage facilities, is the ideal motor tourists' headquarters.

RATES FROM \$2.50 DAILY

**HOTEL BRETTON HALL**  
BROADWAY at 86th STREET  
GARAGE FACILITIES

Arrangements have been made whereby visitors will be shown through

## THE CHATEAU

(Mr. Schell's former residence)  
each weekday between 2 and 5 p. m.  
TEA SERVED BETWEEN 4 and 5 P. M.  
A SMALL FEE WILL BE CHARGED.

**THE NORTHFIELD, East Northfield, Mass.**  
Ambert G. Moody, Mgr. Ralph M. Forsaith, Asst. Mgr.

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6 DAYS  
7 NIGHTS

To  
CLEVELAND  
—  
SAULT  
STE. MARIE  
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MACKINAC  
ISLAND  
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CHICAGO  
and  
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PLAN YOUR VACATION to leave on the Great Ship "SEEANDBEE" from Buffalo, September 7th; returning Sunday, September 14th.

Cruise includes Lake Erie, the Detroit River, Lake St. Clair, the St. Clair River, Lake Huron, beautiful St. Marys River and Lake Michigan.

Stop-overs at Cleveland, then at the famous "Soo" Locks, with sightseeing trips at Chicago and Mackinac Island. Wonderful scenery. Endless entertainment. Excellent meals.

All expense, including fare, meals, stateroom accommodations and sightseeing trips . . . . .

From Buffalo, only \$85.00

Ask your Tourist Agent or write us for free special C&B Line Cruise De Luxe Folder

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## CLASSIFIED ADS

### FOR SALE

FOR SALE—House, nine rooms and bath, hot and cold water, steam heat. Garage for seven cars, also detached apartment of five rooms. Ample grounds. Mrs. James T. Duffy, Hancock Street, Hinsdale, N. H. Tel. 33-4. Very attractive price.

FOR SALE—Slab wood and hard wood. Stove lengths. Tel. 36-3 or 186-4. Leroy Dresser.

FOR SALE—Rhode Island Red chicks, hatched from 24-ounce eggs produced by hens spate-tested and free from B. W. D.; high producers; 20 cents each. Ward's Poultry Farm, Bernardston, Mass. Tel. 89.

### MISCELLANEOUS

MEN—Regulation razor blades. Gillette type better blade for less money. Send three dimes today for ten quality blades. R. Mugford, Groveland, Mass.

NOTICE—We have just received a new consignment of uncalled for suits, odd pants, top coats, overcoats for boys, young men, and men to be cleared out at half price. Come early for first choice. Braff, Tailors, Greenfield.

WANTED—I will pay the highest prices for the following: Old Fashion Antique Glassware, Books, Dishes, Lamps, Pewter Silverware, Post Beds, Tables, Chest of Drawers, Chairs, Pictures, Candle Sticks, 5 and 6 drawer Chests. No black walnut or marble top goods. All mail answered promptly. Please state what you have and mail to E. F. COLTON, 23 Sargeant street, Holyoke, Mass.

SERVICE Advertising Agency, P. O. Box 544, Webster, Mass., are specialists in the preparation and placing of Classified Advertising. "The Market Place of the Newspaper." Write them for lists and prices.

### WANTED

BOOKS WANTED—Anything by Bryant, Poe, Hawthorne, Whittier, Longfellow, Lowell, Twain, and many others. Write me about what you have. I also buy old furniture, silver, china, pewter, stamps, pictures, etc. Frank MacCarthy, 1124 Longmeadow St., Longmeadow, Mass.

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**KELAVISTA INN** Mass.  
Northfield,  
Special Home Cooked Meals  
Lucy H. Kellogg, Proprietor.

**BEACON CAFE** Upstairs  
20 Federal St., Greenfield, Mass.  
Good Food  
Music by our own Orchestra.  
F. P. Browne, Proprietor.

**WESTMINSTER INN**  
WESTMINSTER, VT.  
Lunches and Dinners from 85c. up  
or  
A la carte

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**DR. RICHARD G. HOLTON**  
DENTIST  
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Office hours: 9 a. m. to 12 m.  
1:30 to 5 p. m., except Saturday  
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**R. EVERETT HUBBARD, M. D.**  
Greenfield Diagnostic Clinic  
179 Main St. Greenfield, Mass.  
Complete X-ray and Laboratory  
Examinations  
Basil Metabolism and Electrical  
Treatments  
Office Hours  
8 - 9:30 A. M. by appointment  
2 - 4 and 7 - 8 P. M.  
Phone Office 2140 Residence 2187

**VAUGHAN & BURNETT, INC.**  
OPTOMETRISTS  
Hours: 9 a. m. to 12 m.; 3 to 6 p. m.  
Saturday, 7 to 9 p. m.  
Telephone 510. 141 Main St.  
Brattleboro, Vermont

**A. H. WRIGHT, M. D.**  
PHYSICIAN AND SURGEON  
Main Street, Northfield  
Telephone call 90—private line  
Office hours—1:30 to 3  
and 7 to 8 p. m.

**SAMUEL E. WALKER**  
NOTARY PUBLIC  
Insurance of all kinds  
Bookstore Bldg. East Northfield

## Shopping Directory

A ready reference to shops where you are courteously and fairly treated.

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**Roomer-Haselton & Co.**  
9 Flat St., Brattleboro, Vt.  
3 Floors of Fine Furniture

### A. B. JORDAN

Optometrist  
WITH VAUGHAN & BURNETT, INC.,  
JEWELERS

141 Main Street Brattleboro, Vt.  
Please make appointments. Tel. 510.

### FLORAL REMEMBRANCES

Think of

### BOND, The Florist

161 Main Street  
BRATTLEBORO, VT.  
Telephone 1203

As Near as Your Telephone  
CALL NORTHFIELD 99

### The Northfield Press

FOR GOOD PRINTING

### H. H. THOMPSON

SILVERWARE  
WATCHES JEWELRY  
Repairing of all kinds  
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**CHAS. F. MANN**  
TOOLS-CUTLERY-PAINTS  
BRATTLEBORO, VT.

**BRATTLEBORO DRUG CO.**  
The Prescription Store  
Agent

United Cigar Stores Co.  
104 Main Street. Phone 560

**Brooks House Pharmacy**  
THE LARGEST AND FINEST  
Equipped Drug Store in  
Southern Vermont.  
120 Main Street Telephone 62

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10 Main Street - Brattleboro, Vt.  
Over Woolworth's 5 and 10

WE CAN HELP YOU  
to Own Your Own Home  
REAL ESTATE LOANS AND  
SAVINGS ACCOUNTS  
Greenfield Co-operative Bank  
Greenfield, Mass.

### Turners Falls, Mass.

**CROCKER INSTITUTION**  
FOR SAVINGS  
TURNERS FALLS, MASS.  
Incorporated April 3, 1889  
Deposits placed on interest  
the first of each month  
ASSETS \$4,700,000

Spraying Equipment for  
Interior and Exterior  
PAINTING  
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**LOUIS E. SICARD**  
163 L St., Turners Falls  
Phone 164

### Springfield, Mass.

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Call Northfield 99  
The Northfield Press  
for Good Printing

### Greenfield, Mass.

"The Square Deal Store"  
**JAMES E. CLEARY**  
Watches, Clocks, Diamonds and  
Jewelry  
Expert Repairing  
Next to the Victoria Theatre  
25 Chapman St., Greenfield, Mass.

### Greenfield, Mass.

Tel. 626-M  
**H. B. Payne**  
The Leather Store  
302 Main St.

### Munyan's Furniture Warehouse

Salesroom:  
292 Davis St. Greenfield  
"Out of the High Rent District"

## G

Gifts that last  
Glasses that fit correctly  
Gaines—Eyesight Specialist  
Greenfield—1 1/2 Federal St.  
Go to Gaines for satisfaction

Yes, this Directory Page  
is Good Advertising  
One inch, 3 months (13 times)  
\$3.50  
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YOU can start any time.

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### KENNEDY, "J. B."

PHONE 90 GREENFIELD

CANNING CHERRIES—12 QUARTS  
FOR \$1.00 ON TREES; 15c  
QUART PICKED  
20,000 quarts of best quality ripe this  
week-end and next week; pick your  
own at Clarkdale Farms, West Deer-  
field, two miles southwest of Green-  
field. Phone Greenfield 241-Y.

### Hinsdale, N. H.

BRICK PLASTER CEMENT  
**SIDNEY L. BUTLER**  
MASON  
Phone 12-13 Hinsdale, N. H.  
Boiler Setting Fire Places a Specialty

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E. M. Dodge, Prop.  
OFFICIAL A. L. A.  
HINSDALE, N. H.  
Phone 107-2 Day 107-3 Night

Two-Day Service on  
Auto Registration Plates  
Leave Blanks at Northfield Press  
Springfield - Brattleboro  
Express

Local Express and  
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Order Goods from Springfield to  
be Delivered by This Express

### PRINTING!

Tel. 99 Northfield  
The Northfield Press  
Northfield, Mass.

### Millers Falls, Mass.

Call on  
**C. C. PROUTY**  
Forest St. Millers Falls  
When in need of  
Auto Repairs Radio Repairs  
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General Jobbing, Carpentering,  
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### Northfield, Mass.

### Most Everything

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### E. CORMIE

East Northfield, Mass.

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Our genuine  
engraved forms  
are  
Socially Correct

### ARTHUR E. CHAMPNEY

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Alterations Pressing  
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Main Street

Northfield, Mass.

Telephone 48

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SATURDAY NIGHTS  
Goodnow's Orchestra

## THE HOLTOM HOMESTEAD GIFT SHOP

Greeting Cards Children's Toys  
Homemade Candy  
Gifts for All Occasions

### TEN PERENNIALS FREE WITH EVERY ORDER

Delphiniums, Canterbury-Bells, cut  
flowers, \$1.50 per 100. Tiger-Lily,  
Oriental-Poppy, Holly-Hock, Colum-  
bine, Perennial-Asters, Seedam Mon-  
ard, Sweet-Williams, Iris, Gaillardia,  
Lupine, 10 for \$1.00; Hydrangea Scent-  
ed-Syringa, Blue-Lilac, Red Peony, 4  
for \$1.00.

STRAWBERRY PLANTS—Runners,  
\$1.60 per 100, \$12.50 per 1000, Pot-  
grown Howards, \$4.00 per 100, \$35.00  
per 1000; Mactodon Ever-bearer, \$5.00  
per 100; Cuthberry Raspberry, \$3.00  
per 100; Latham, \$4.00; Rhubarb  
Roots, \$7.00 per 100.

GLADIOLUS—Kunderdii Creations  
bought from the originator. Dr. Nelson  
Shook, Copper Bronze, Elkhart, Cardi-  
nal Prince 50 cts. per bulb \$5.00 dozen.  
Violet Glory \$12.00 per 100, Kunderd  
glory, E. J. Shaylor \$9.00 per 100, A  
Tiplady, \$4.00 per 100; White-Chicago,  
War, \$10.00 per 100; America \$5.00;  
Choice Mixture at \$3.00 per 100; Gar-  
den Mixture at \$1.00 per 100; Darwin  
Tulips, \$3.75 per 100. Come and pick  
yours out for next season. GEORGE  
CHAPMAN, Northfield, Mass.



## HOTEL EMBASSY

BROADWAY at 70th STREET - NEW YORK

400 LARGE LIGHT ROOMS  
ALL WITH BATH  
\$2.50 A Day For One Person  
\$3.50 A Day and Up For Two

Special Rates for Permanent  
Guests

FINE RESTAURANT  
REASONABLE PRICES

Club Breakfast ..... 30c to 50c  
Luncheon ..... 75c  
Table d'Hote Dinner ..... \$1.00

EDMUND P. MOLONEY  
Manager.

## For Every Banking Need

An account here puts at your disposal  
all the facilities of this modern bank,  
organized to give you helpful service  
in every financial transaction.

Vermont-Peoples National Bank  
Brattleboro, Vermont

THE BANK THAT SERVES.

## DRY CLEANSING AND DYEING

Over 35 Years Cleansing Clothes

We Clean Anything that's Cleanable and all work done in  
Our Own Plant

Rugs	Hats Reblocked	Suits
Lace Curtains	All Kinds Pleating	Coats
Pillows	Repairing and	Dresses
Portieres	Altering	Scarfs
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11 Elm Street, on the Corner, Brattleboro, Vt.

FIVE DAYS ONLY

SAT.—SUN.—MON.—TUES.—WED.

Claudette Colbert  
Frederic March

IN

"MANSLAUGHTER"

COMEDIES — — NEWS

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"HELL'S ISLAND"

JACK  
HOLT

DOROTHY  
SEBASTIAN

RALPH  
GRAVES

"GRUMPY"

with CYRIL MAUDE

"NATURALLY COOL"

PHONE 1200

Garden Theatre

GREENFIELD, MASSACHUSETTS

CONTINUOUS PERFORMANCE SAT. and SUN., Starting at 2 p. m.  
Twice daily, at 2 and 7 p. m.

## Special Notice to Advertisers

No large display advts. can be accepted  
hereafter any later than 5 P. M. Tuesday  
of the week of issue; and no display advts.  
of any size after 1 P. M. on Wednesday.

Moreover, advertisers should understand  
that they will usually get a better set-up  
and position in the paper, if they have their  
copy in our hands in advance of these  
closing hours.

Shrewd Advertisers Are Using Our Direc-  
tory Page To Their Profit



5363

50c

5374

50c

Paris Frocks in the  
Fall Mode for  
Wear Now

This is a good time  
to make up one or  
two new frocks for  
immediate wear  
and for early fall  
to take care of the  
cool days which  
often come quite  
unexpectedly.

It is wonderful to know  
that you can make your  
selections from the new-  
est fall modes from Paris  
in

PICTORIAL  
PRINTED  
PATTERNS

## COMMUNICATED

Northfield has an opportunity this  
year to send a representative to the  
legislature. This is the first time in  
a good many years that we have had  
that chance and it may not come  
again for sometime. This is a splendid  
opportunity to show a spirit of co-  
operation and local pride in spite of  
any differences of opinion in purely  
local affairs. A vote and a voice in  
the General Court will be of benefit  
to every man, woman and child in  
orthfield.

Our candidate, Katherine B. Wilder,  
has for her district the eighteen towns  
of the western end of the county, of  
which Shelburne, Deerfield and orth-  
field are the three largest. With ex-  
cellent support in both Shelburne and  
Deerfield and many friends through-  
out the smaller towns, a good, rousing  
vote in Northfield will assure her suc-  
cess.

The contest is at the Primaries on  
September 16. Mrs. Wilder is running  
for the Republican nomination. And  
there are so few Democrats in this  
District that the Republican nomina-  
tion means her election. We have not  
been able to find to date that the  
Democrats are running anyone for  
representative.

Mrs. Wilder is opposed by two men,  
Mr. Warner of Sunderland and Mr.  
Taylor of Shelburne. Supporters of  
both men are working to arouse the  
prejudice that is said to exist in many  
quarters against a woman in public of-  
fice. But as Massachusetts, in the  
days of our greatest prosperity and  
prestige, led the world in the emanci-  
pation of women and as have today  
several women in the General Court  
and one in Congress who are doing  
fine work, this is a political argument  
that is considered by many leaders as  
unworthy of the Republican Party.  
Republican leaders hope that the cam-  
paign will be fought out on its merits  
and that enough Republican women  
will go to the polls to cancel this pre-  
judice, if it exists. Mr. Tread-  
way, in his speech at Mt. Hermon,  
said that he looked forward to the  
time when there would be as many  
women in the legislature as there are  
men.

Mr. Warner of Sunderland is the  
present incumbent of the office. He has  
been our representative for five years  
and is on the committee on Ways and  
Means. His friends argue that he  
should be continued because of his ex-  
perience. But the record does not  
show that his energy and ability have  
increased with experience. He does  
not seem to have been placed in charge  
of any important bills nor to have  
taken part in important debate. On  
the question of a raise in salary for  
legislators he was neither present nor  
paired. In a District that has eighteen  
towns, only outstanding service to the  
District entitles one own to keep this  
office indefinitely.

Mr. Taylor failed to win two years  
ago when he was the only opposition  
to Mr. Warner, and when he had a de-  
finite issue that was of interest to the  
farmers. This year he is running on  
his personality alone. His friends say  
that he is a man of sound judgement  
but that he has not been successful  
in making himself heard in town af-  
fairs. Just how a man who cannot get  
a vote in his own town meeting ex-  
pects to be of use in the legislature is  
not clear. At this writing his chance  
for winning seems slight.

There is no question that Mr. War-  
ner considers Mrs. Wilder his most  
formidable opponent, and he is a  
shrewd politician. At least one woman  
was approached to run against her,  
and an almost childish political trick  
was used to keep Mr. Taylor from  
withdrawing from the contest as some  
of his friends wished him to do in or-  
der not to split the opposition. At  
the last moment several of Mr. War-  
ner's workers gave Mr. Taylor the im-  
pression that they were deserting Mr.  
Warner in his favor. Encouraged by  
his he decided not to withdraw. It  
proves a surprising lack of political  
experience on Mr. Taylor's part and  
he lengths to which Mr. Warner feels  
he must go in order to defeat Mrs.  
Wilder.

But Northfield is entitled to a voice  
in the legislature from time to time.  
Political strategy will not defeat Mrs.  
Wilder. Her qualifications are far above  
those of either of the other candi-  
dates. This District is too enlightened  
to vote against her simply because she  
is a woman. No orthfield can look for-  
ward with confidence to having our  
own representative in the General  
Court during the next two years.

## HASKINS, CANDIDATE

FOR SHERIFF

Several inquires, of late, have been  
made as to what policy I intend to  
follow, if elected, relative to maintain-  
ing or changing the present person-  
nel of the Franklin County Jail and House  
of Correction.

The office of Sheriff of Franklin  
County, for which I am a candidate,  
an important office. The maintenance  
of the jail is but an incidental part  
of the duties of that office.

Unless the Sheriff chooses to per-  
sonally act as Master of the jail, an  
appointment is made of someone to act  
under his direction.

The late Sheriff Bridges, whose un-  
expired term is now to be filled by  
election, appointed by Mr. Doane as  
Master of the jail. He has held that  
office for nearly seven years.

In a change in the office of Sheriff,  
it has been customary for years to ap-  
point the then acting Master. I see no  
reason, if elected, to change this pol-  
icy, nor to make any change what-  
ever in the present Master, Mr. Doane,  
or in the present person at the jail,  
and I feel that a frank statement at  
this time of his effect will suffice to  
answer such inquires.

Arthur M. Haskins.

## GLADIOLUS EXHIBITION

Next Saturday will witness the opening  
of the big Gladiolus Exhibition and  
Mid-Summer Flower Show at Boston,  
in Horticultural Hall, for two days,  
August 23-24. There will be no charge  
for admission, and he doors will be  
open to the public at 2 P. M. Satur-  
day and 12 noon on Sunday, closing at  
by the Massachusetts Horticultural So-  
ciety and the New England Gladiolus  
Society. A big list of prizes will make  
attractive competition. Medals, chal-  
lenge cups and money prizes and other  
awards are offered for gladiolus of dis-  
tinctive merit. Newest varieties, best  
varieties, English, Scotch and Austrian  
varieties and true specie will be on  
exhibit. The seed seedlings classes will  
be of especial interest to all; novice  
and amateur classes; big displays and  
basket arrangements.

Exhibitors and visitors from many  
parts of New England and other  
States will be present.

## ANNUAL MEETING

OF RIDGE ASSOCIATION

The Ridge Association of East-  
Northfield consisting of the owners of  
the 75 cottages on the side of Straw-  
bridge Hill, near Winchester and, held  
their annual meeting Tuesday at the  
cottage of the president, Dr. C. C.  
Woodruff, of Orange, New Jersey.

The election of officers for the en-  
suing year took place as follows:  
President, Dr. C. C. Woodruff; vice-  
president, Rev. D. Cowles D. D. of  
Perth Amboy, New Jersey; Treasurer,  
Miss L. R. Kinsman; secretary, Rev.  
Robert Jack Hazeltin, Pennsylvania.  
The meeting next year will take place  
at the cottage of Mrs. Edna Jenkins,  
of New York. Mr. Hoen was reap-  
pointed Ridge Agent.

Two resolutions were drawn up "To  
the members of the Rustic Ridge As-  
sociation:

"Inasmuch as property on the Ridge  
has been seriously endangered by fires  
that were built before the opening of  
the season,—Resolved that the Ridge  
Association request the fire warden to  
grant no fire permits except during  
the months of June, July, and August,  
and then that said fire permits shall  
be granted by said fire warden only  
with the signed consent of the pres-  
ident of the Ridge Association.

"Inasmuch as at this same time a  
ruthless trimming of trees that have  
been landmarks of the Ridge was car-  
ried on with no thought of preserving  
the life, beauty, and symmetry of said  
trees,—Resolved, that hereafter all  
tree-trimming shall be confined to the  
property of the person who trims the  
trees, and the tree warden be re-

SEE  
LEARN  
ENJOY

EASTERN STATES EXPOSITION  
SPRINGFIELD, MASS.

SEPT. 14 to 20 1930

7 DAYS · 7 NIGHTS!

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## Off to the movies :::

Leisure time is the lot of this young wife. Oh yes, dinner  
will be served on time—piping hot—brown roasted and done  
to a turn.

You see our young wife has placed all the vegetables and a  
roast in the electric oven. She has set the automatic time  
controls to turn on the heat at 3:30 and to shut off at 5:45.  
So at the usual time dinner will be served perfectly cooked.  
And with it all our young wife has enjoyed herself all the  
afternoon.

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## Soups Test Culinary Skill

BY ETIENNE ALLIO, Chef,  
Hotel New Yorker, New York City

**S** OUP holds, and deserves,  
the honor of opening the  
evening meal in thou-  
sands of American homes.  
Than a perfect soup there  
is no more delicious dish. Than a  
poor soup—watery and tasteless—  
there is no more ruinous prelude  
to what otherwise might have  
proved a thoroughly soul and ap-  
petite-satisfying repast.

To avoid the disaster of a really  
poor soup is not difficult. Fairly  
good results are easy to at-  
tain. But to prepare the  
perfect soup? That is indeed  
an art which calls for all  
the housewife's skill in the  
choice and mixing of in-  
gredients, and the use of season-  
ings. It is, however, an art which  
offers as its reward the heartfelt  
appreciation of all the diners at  
her board.



CHEF ALLIO

Potage a la Creme d'Epinards—  
Carefully wash and stem one-half  
peck of spinach. Cook in double  
boiler until tender, being sure that  
the water is boiling before putting  
the spinach in the boiler. Rub

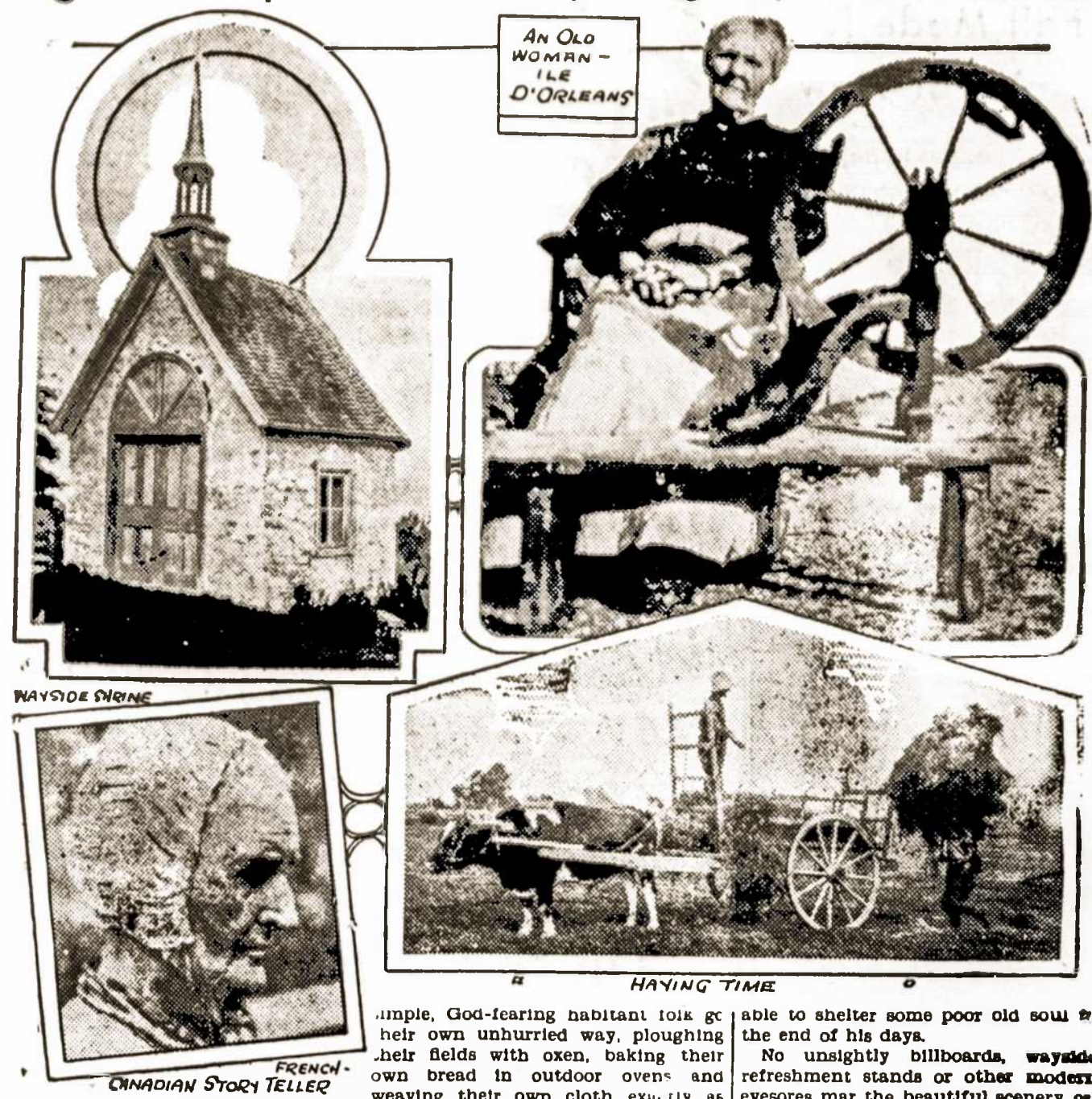
through a colander into a sauce-  
pan. Add two cups good stock.  
Season with salt, pepper, one tea-  
spoon sugar, a pinch of mace.  
Bring quickly to the boiling point.  
Stir in one tablespoon butter rolled  
in one teaspoon flour. Cook one  
minute and remove from fire.

Potage Longchamps—Drain one  
can of peas into a saucepan. Add  
two slices of onion, three cups  
chicken stock, and one and a half  
teaspoons sugar. Bring to a boil  
and simmer for one-half hour.  
Blend in a saucepan, one table-  
spoon flour with one tablespoon  
melted butter. Pour in slowly, stir-  
ring all the while, the pea mixture.  
Bring to boiling point; then re-  
move and put through strainer.  
Add one cup milk and a few sprigs  
of fresh mint. Reheat, removing  
mint in about five minutes, after  
it has had an opportunity to impart  
its delicate flavor. Add one-half  
cup cooked vermicelli and season  
with salt and pepper.

Potage de Carottes—Wash,  
scrape and slice thin, twelve me-  
dium-size carrots. Place in sauce-  
pan with two tablespoons butter.  
Season with salt and one teaspoon  
sugar. Cook slowly, turning con-  
stantly until the carrots begin to  
color. Add two cups good broth  
and let carrots boil slowly to a  
glaze. Remove carrots and press  
through strainer. Return to the  
broth in the saucepan. Simmer un-  
til very hot, and serve.



## Quebec, Orleans, Undisturbed by Modern Ballyhoo, Ideal Spot in Which to Spend Quiet, Restful Vacation



Vacationists who would like to combine quaint, historic surroundings with rustic simplicity might investigate the holiday possibilities offered by Quebec's little-known Ile d'Orleans, a pleasant half-hour sail from Quebec City, Canada. This quaint little island called by Jacques Cartier "Isle of Bacchus" because of its profusion of wild grapes, is undisturbed by modern ballyhoo, and its

simple, God-fearing habitants folk get their own unhurried way, ploughing their fields with oxen, baking their own bread in outdoor ovens and weaving their own cloth exactly as their forefathers did centuries ago. The island has good motor roads is about twenty-one miles long and seven miles wide, and its population is practically confined to six old-world parishes containing perhaps eight hundred souls in all. The habitants' family, consisting often of fifteen or twenty members, are most hospitable to strangers from beyond the island's confines. Unlike many folk, they are very kind to elderly relatives—even mother-in-law is welcome here—and they deem it a "gift of God" to be

able to shelter some poor old soul at the end of his days. No unsightly billboards, wayside refreshment stands or other modern eyesores mar the beautiful scenery on the island, and one sees from time to time beautiful shaded streams and tree-clad hills with here and there a glimpse of the broad St. Lawrence. On the northwest looms the lovely skyline of Quebec City, with its towering Chateau Frontenac adjoining the historic Citadel. Further east can be seen the flash of Montmorency Falls, higher than Niagara. Wayside shrines, quaint little churches and historic old manors, relics of the early French regime, offer plenty of scope for exploration and study.

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### CHURCH, FRATERNAL AND OTHER NOTICES

#### TRINITARIAN CONGREGATIONAL CHURCH

Until next September all services will be held on the Seminary campus, in the Auditorium or Sage chapel, according to announcement. This includes all appointments at the church except Sunday school, which will be held Sunday mornings at 9.30 in the vestry of the church.

#### ADVENT CHRISTIAN CHURCH SOUTH VERNON

Rev. George E. Tyler, Pastor  
SUNDAY

10.45 a. m.—Sermon by the pastor.  
12.05 p. m.—Church school.  
7.30 p. m.—Union service at the chapel.

#### THURSDAY

7.30 p. m.—Mid-week meeting at the Home.  
All services on Standard Time.  
Services suspended during the General Conference at Northfield.

#### FIRST CONGREGATIONAL UNITARIAN CHURCH

Charles Chambers Conner, Mary Andrews Conner, Ministers.

The church will be closed for renovation during July and August.

#### FREE METHODIST CHURCH

Mrs. Nellie A. Reid, Pastor  
SUNDAY

10.30 a. m.—Morning worship.  
11.30 a. m.—Sunday school.  
6.30 p. m.—Class meeting.  
7.30 p. m.—Evening worship.

#### WEDNESDAY

3.00 p. m.—Children's meeting.  
7.30 p. m.—Prayer meeting.

#### ST. PATRICK'S ROMAN CATHOLIC CHURCH

Father Carey and Father Rice, Pastors  
Sunday mass at 10.30 a. m., except on the first Sunday of each month, when it is at 8.30 a. m.  
Sunday school and Bible history after the celebration of mass.

#### DICKINSON LIBRARY

Main St., Northfield  
Open Tuesday, Thursday and Saturdays from 2 to 5.30 and 6.30 to 9 p. m.

## TRACE DISCOMFORT TO UNMOVING AIR, AND NOT "BAD AIR"

**Lack of Humidity Also Contributing Factor to Unwholesome Indoor Atmosphere.**

Air which does not contain sufficient oxygen to support combustion, contrary to general belief, is not necessarily harmful to human beings even though the carbon dioxide content is abnormally high, says the Holland Institute of Thermology, of Holland, Mich., nor is it discomforting, providing the air is kept in motion.

These interesting conclusions have been verified time and again by American and European scientists in tests which demonstrated that chemical changes in the air, due to human occupancy, do not have an adverse physiological effect. In conducting the tests, several persons were kept in hermetically sealed rooms fitted with apparatus that permitted of variation in the temperature, percentage of humidity and air motion. Provision was made for renewing the air and for introducing carbon dioxide from artificial sources. In some of the test phases this gas content was far in excess of that ever developed in ordinary rooms.

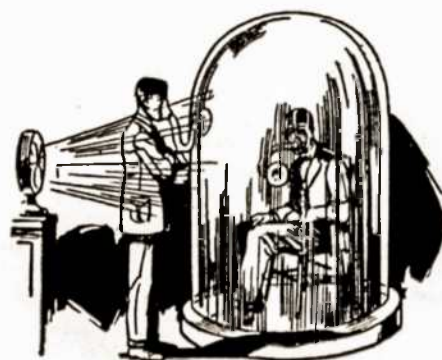
#### Still Air Uncomfortable.

When the air was still and the temperature and relative humidity high, the subjects were uncomfortable, regardless of the concentration of carbon dioxide. One of the subjects in the chamber breathing air from outside through a tube was as much distressed as his colleagues, while a person outside the chamber breathing its air through a tube suffered no ill effects, although the air he was breathing was "poisoned" by a high percentage of carbon dioxide.

When the air in the chamber was stirred into motion by electric fans, the subjects were immediately relieved of the distress they felt under still air conditions. After being confined in the chamber for some time, one of the subjects attempted to light a cigarette, but the oxygen content of the air had been so reduced that matches would not light. Outside of a deepening respiration, the subjects evinced no other ill effects.

#### Constant Motion Soothing.

It is obvious, says the institute, that indoor conditions are usually discomforting, not because of the imaginary "bad air," but because of lack of air motion and a suitable percentage of moisture. These discomforts are more



Tests Show That Moving Air Is More Essential to Bodily Comfort Than So-called "Pure Air."

pronounced during the height of the heating season and also on the close, muggy days of summer. But regardless of outdoor conditions, the home can be just as comfortable indoors as the modern theatre. This is made possible by the newer function of warm air heating plants—more correctly referred to as air conditioning systems—which during the heating season supply the home with the necessary water-vapor content to assure comfort at moderate temperatures. These modern vapor-air systems also have an electrically operated air propeller unit in the head of the furnace casing, which forces the warmed air into the room. By operating this fan on the hot, muggy days of summer, the air throughout the house is kept in constant motion, producing a sensibility of comfort equal to that afforded by a drop in temperature of 10 to 15 degrees, though the actual temperature drop is but one or two degrees. As in the test previously mentioned, the air-motion carries away bodily heat and perspiration, thus creating a feeling of comfort. Home owners will find that this factor of air-motion through the heating system produces indoor comfort they have not had the pleasure of enjoying heretofore.

### Poor Draft Big Cause of Heating Troubles

Don't prematurely criticize your coal dealer nor the coal he furnished to you, if you find it difficult to make your home comfortably warm during the heating season. According to the Holland Institute of Thermology, of Holland, Mich., most heating troubles are caused by insufficient draft. So, before you file a complaint about poor coal, make sure that the chimney and flue pipe are not clogged with soot, and that they are in good physical condition. Leaky chimneys and flues hinder the development of draft necessary for thorough fuel combustion. Also, make sure that the ash-pit is not filled with ashes. It should be cleaned daily, for ash accumulations shut off the air supply necessary for good draft.

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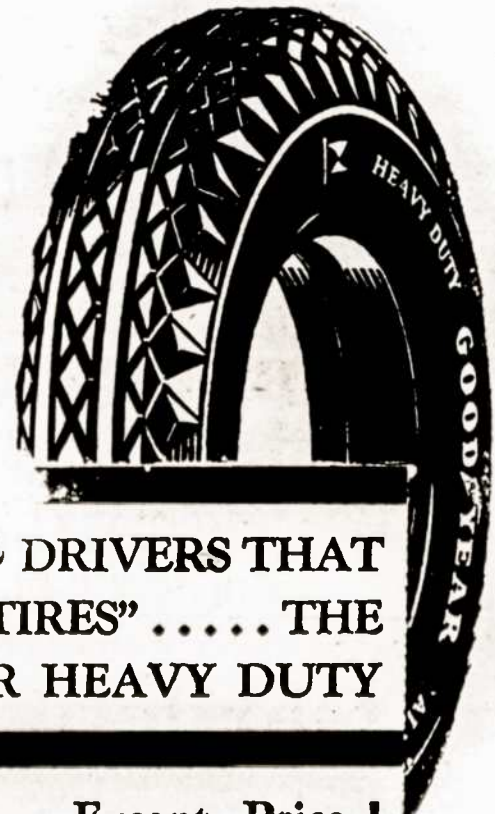
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BERNARD NOLDS. It is desirable that all endeavor to arrive promptly, so as to be properly seated before the entrance of the ministers. he collection will be given to the Community Club for local and public uses. It is hoped the service may be concluded at about half past eleven, when all are invited to go immediately to the peak of Huckle Hill. The dedication of the marker at that point will be concluded before 1 o'clock. All owners and old-time residents are specially invited; and the public will be welcome. Joseph C. Allen, Minister of Unitarian Church.